



## Substance Use Disorder:<sup>1</sup>

Recurrent use of substances that causes clinically and functionally significant impairment and failure to meet major responsibilities

## Non-substance Disorder:<sup>2</sup>

Behavioral addictions that lead to significant psychosocial and functional impairments

## Substances Used and Misused by Youth

Drug	Type and Consumption			Impact on Health
<b>Alcohol</b>	Depressant	Liquid	In beverages	Impaired brain functioning; increased risk of cancer; weakened immune system; decreased heart health and functioning; damage to the liver and other organs; and increased risky behaviors <sup>3,4</sup>
<b>Cocaine</b>	Stimulant	Fine, white powder	Snorted, smoked, or injected	Impaired brain functioning; decreased appetite; damage to nose, intestines, and bowels; increased alertness, insomnia, anxiety, and erratic behavior; increased risk for heart issues; and increased risk for infectious diseases <sup>5,6</sup>
<b>Marijuana*</b>	Psychoactive	Greenish, gray mixture of dried, shredded leaves, stems, seeds, flowers; or resin	Smoked or eaten	Decreased coordination and reaction time; hallucinations, anxiety, panic attacks and psychosis; problems with mental health, learning, and memory; and damage to the respiratory system <sup>7,8</sup>
<b>Opioids</b>	Pain relievers, depressants, & stimulants	Tablet, capsule, or liquid	Swallowed or injected	Drowsiness, nausea, constipation, and confusion; slowed breathing and death; and increased risk of infectious diseases <sup>9,10</sup>
<b>Tobacco</b>	Stimulant	Cigarettes, cigars, bidis, hookahs, snuff, or chew	Smoked, snorted, chewed, or vaporized	Increased blood pressure, breathing, and heart rate; greatly increased risk for cancer; and increased risk for chronic bronchitis, emphysema, heart disease, cataracts, and pneumonia <sup>11,12</sup>

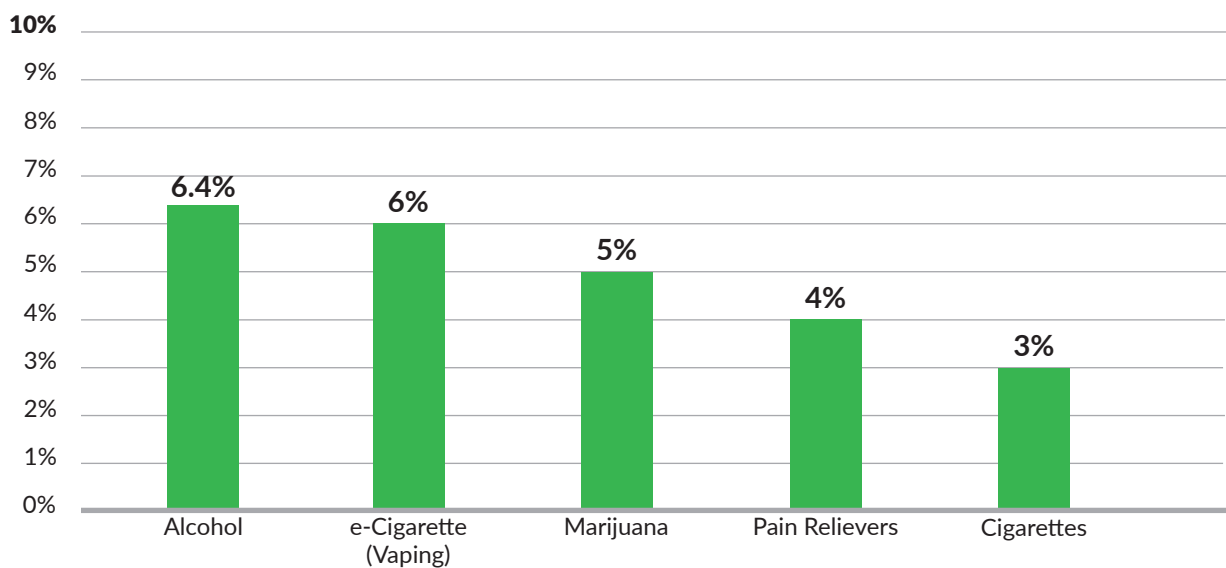
\*Legislation passed in 2017 and 2018 that expanded the conditions for which cannabis oil can be prescribed to include post-traumatic stress disorder (PTSD), intractable pain, Tourette's syndrome, Autism Spectrum Disorder, Epidermolysis bullosa, Alzheimer's disease, human immunodeficiency syndrome, autoimmune disease, and peripheral neuropathy.

## Non-substance Disorders

Drug	What it is	Impact on Health
<b>Pathological Gambling</b>	A formally recognized and treatable addiction to regulated and non-regulated gambling and betting that causes significant problems in a child's life	Loss of means to protect well-being (e.g., money, school materials, food, etc.); stress and guilt associated with loss and debt; damaged relationships; and increased risk for mental health disorders, crime, substance use, and risky behaviors
<b>Disordered Eating</b>	Serious and sometimes fatal disorders (i.e., Anorexia Nervosa, Bulimia Nervosa, Binge-Eating) that involve a disruption in an individual's eating behaviors and thoughts about food and body weight. <sup>13</sup> Common behaviors may include being extremely restrictive in the amount and type of food consumed or binge-purge cycles, which involve binge eating followed by purging episodes through vomiting, laxatives, diuretics, fasting or excessive exercise <sup>14</sup>	Bone and muscle deterioration; brittle hair and nails; low blood pressure; slowed breathing and pulse; lethargic or sluggish; development of acid reflux disorder; worn tooth enamel; chronically inflamed and sore throat; and damage to major organs, including possible multi-organ failure <sup>15</sup>

## Did you know?

- **Alcohol, marijuana, and nicotine vaping products** are the most commonly used substances among adolescents.<sup>16</sup>
- **More than 16,000** Georgia high school students reported using marijuana in the last 30 days.<sup>17</sup>
- Georgia has the **5th highest** marijuana possession arrest rate in the nation and a Black person is **3 times more likely** to be arrested for possession than a White person.<sup>18</sup>
- In the 2023 Georgia Health Student Survey, **24% of girls** and **11% of boys** reported forced vomiting, using laxatives, or avoiding food in the last 30 days in order to lose weight.<sup>19</sup>
- In the last month, Georgia students say they have used the following substances:<sup>20</sup>



The Georgia Student Health Survey is offered annually. “The last month” refers to the month prior to the students completing the survey. This measure is used to assess alcohol and drug use among youth and can be compared to national data from the Youth Risk Behavior Surveillance System (YRBSS).



## References for Youth Substance Use and Non-Substance Disorders

Suggested citation: Voices for Georgia's Children. (2023). Fact Sheet: Youth Substance Use and Non-Substance Disorders. Voices for Georgia's Children. <https://adobe.ly/3sQxbO5>.

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